

For Your Health

Services Offered by the Bedford Council on Aging

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Bedford Board of Health Is Offering Vaccination for Shingles

The Bedford Board of Health has a limited supply of Shingles vaccine and has scheduled two appointment-only Clinics for Bedford residents over age 60. The first clinic is scheduled for **Friday, March 14 from 10-11 AM** at the Town Center Building (yellow building behind Town Hall), 12 Mudge Way, Flint Room, Second Floor. The second clinic is scheduled for **Monday, April 7 from 6-7 PM** at the same location. For an appointment, please call the Bedford Board of Health at 781-275-6507. Although the clinic is free of charge, the Board of Health asks that you provide your medical insurance information for reimbursement purposes. The Shingles vaccine will be given on a first come, first served basis.

For Women Only: Bladder Control and Pelvic Health Information Session Thursday March 13 at 11:00 AM

Physical Therapists Judy Curless and Laurie Drake of Emerson Hospital are going to share strategies for women to improve bladder control and pelvic health. Judy is a popular pelvic health physical therapist who recently retired from Emerson Hospital. Several conditions will be covered, including leaking bladder, incontinence, pelvic pain, constipation and organ prolapse. Learn simple exercises that can be done standing and sitting and that will help improve the blood supply and tone pelvic muscles. They will also speak about how physical therapy can address these issues and more. Registration for this program is required. Please call the Bedford Council on Aging at 781-275-6825.

Health Services

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday March 14** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Ask a Nurse: Community Health Nurse, Joyce Cheng will be at the COA on **Friday March 14 at 1:00 PM** and **Monday March 24 at 1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! If you have questions about health benefits, our SHINE counselors from Minuteman Senior Services will be available **Tuesday March 11** beginning at 10:00 AM and **Wednesdays March 5 and 19** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Brian Knight from Rogers Hearing Solutions will be here on **Tuesday March 11** from 10:30-12. Joe Sarofeen of Apex Hearing will be here on **Thursday March 20** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

Visit the Desert National Parks

Join Carol and Ron Reynolds on **Wednesday March 26 at 1:00 PM** on their tour of the desert national parks of Arizona and Southern California. Their tour included Organ Pipe Cactus National Monument, Joshua Tree and Death Valley National Parks, Walnut Canyon National Monument and the Petrified Forest and Saguaro National Parks. See Joshua Trees and cactus in bloom. Death Valley, despite its name, is full of life and beautiful scenery. See canyons, salt flats, a castle, and the results of a flash flood.

Solar 101 - Tuesday March 11 at 6:30 PM Town Center Building

The Town of Bedford, in conjunction with the Town of Lexington, was awarded a grant from the Clean Energy Council for the program "Solarize Mass". This program assists municipalities in choosing a reputable solar installer who then gives increased discounts based on the number of residents who sign up for rooftop solar. You are invited to join Solar Energy experts from the Mass Clean Energy Center for an educational session which will include an overview of how solar electric systems work, an explanation on how Federal and State incentives can save you money, and how you can go solar with the new community based "Solarize Lexington-Bedford Program."

You May Be Eligible For a Break on Your Taxes!

If you're a Massachusetts homeowner age 65+, you'd probably welcome a break on your property taxes. Dream on, you say? Actually, such an option exists and, if you're eligible, it's yours for the taking. According to the MA Department of Revenue, some 957,000 residents 65 and older in the state are eligible to receive the tax credit. It's called the Massachusetts Senior Circuit Breaker Tax Credit, and according to an AARP Bulletin, in 2012, more than 86,000 Massachusetts taxpayers claimed nearly \$67 million in refunds under the program (State Department of Revenue). The average refund in 2012 was \$774. The Circuit Breaker refund prevents property taxes from exceeding an older person's income and ability to pay taxes. Eligible taxpayers can file for the credit up to three years retroactively. Ask your tax preparer about how you can apply for this credit!

Coffee with The Town Manager

Come meet with Rick Reed, Town Manager, on Tuesday March 18 at 1:00 PM. Mr. Reed will discuss Town Meeting, answer questions, review the warrant, and address comments about Bedford government.

Town Election

Saturday, March 8 from 8 AM to 6 PM

John Glenn Middle School gym

Annual Town Meeting

Monday, March 24, at 7:30 PM

Bedford High School Auditorium

Large print warrants for the Town Meeting are available at the COA or by mail upon request.



Getting Organized for Financial Planning

Join Mike Franco from New York Life on **Wednesday March 12, 1:00 PM** for an educational seminar will help you with organizing everything in your estate, teach you how to protect yourself in the event of long term care, and how to pass on assets with reduced tax consequences.

Understanding Basic Estate Planning

Attorney Dale Tamburro returns on **Wednesday March 19 at 1:00** to answer common estate planning questions, including what is probate, why you don't want it and how to avoid it; Health Care Proxy, Durable Power of Attorney, and Wills; how are your assets owned; the ABC's of a Revocable Living Trust; how to protect your home if you need Long Term Care or Nursing Home.

Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.

The Computer Corner

Computer Club A round table discussion will be held on **Wednesday March 5** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

Computer Drop-In All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email! Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.